

# FOOD SYSTEMS + RACISM

Food is a human right, but for too many people, access to good food relates directly to race, wealth, and privilege.



In many places, systemic racism creates disparities that drive higher rates of malnutrition or food insecurity among people of certain races.

In many settings, there are economic and structural barriers to people of colour and marginalized groups accessing and affording food.



In the postcolonial context, many racial inequities persist, driving negative outcomes for nutrition and health.

All too often, foods associated with traditional cultures or indigenous people are wrongly considered inferior.



In some areas, ownership of productive agricultural land is concentrated in white hands, while indigenous and black communities have less access and face severe food insecurity.



Colourism manifests in biases and discrimination that result in poverty, livelihood challenges, and food insecurity.



In some countries, food poverty is much more prevalent in black and other marginalised communities, compared to white communities.



Unequal access to healthy food can drive high rates of diet-related disease in marginalised communities.



More must be done to tackle structural racism in food systems, including championing indigenous food systems and cultures.

## REFERENCES

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